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Gay-Straight Forum denied recognition

Once again the Campus Life Board fails to recognize the GSF as a student group

Courtney Klein
CAMPUS BEAT EDITOR

The Gay-Straight Forum (GSF) has been turned down as an official student organization for the second year in a row.

On Thursday, January 10, the Campus Life Board voted 6-1 against a recommendation from the Extracurricular Activities Committee (ECAC) that the GSF be approved as an official student group.

In order for any group to become an officially recognized student group, it has to submit a constitution to the ECAC for approval and recommendation to the Campus Life Board. The Campus Life Board must then approve the ECAC's recommendation.

The GSF constitution was approved by the ECAC in early December.

According to the minutes of the Campus Life Board's meeting, the ECAC recommended the GSF under the stipulation that the recommendation be reviewed after the Task Force on Issues of Sexuality makes a

recommendation to the president on how to deal with such requests. According to the recommendation presented at the Campus Life meeting, "The recommendation was also made with the stipulation that the group work with the Task Force over the coming time period to ensure that the campus community was coming together to create a safe, educational experience."

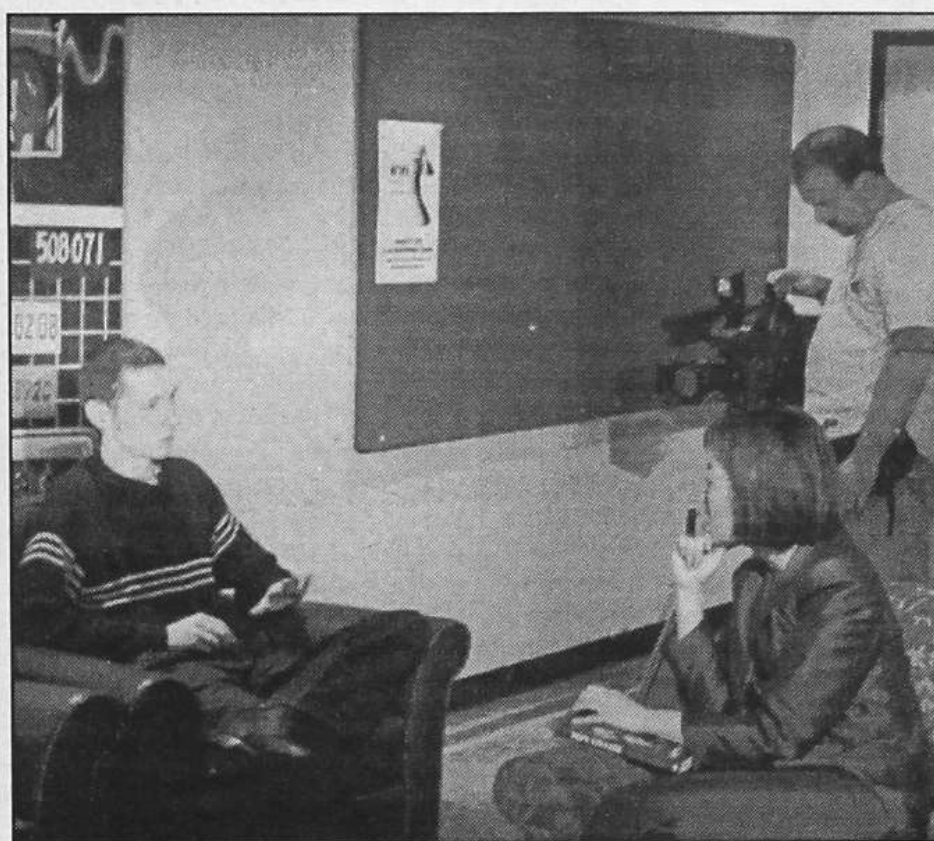
However, the Campus Life Board preferred not to act until the Task Force came to a decision about sexuality at Hope.

"I sense that those voting against the recommendation did so in part because they wanted the Sexuality Task Force to complete its work, in the hope that its contribution would address the concerns voiced by the Gay Straight Forum," said Phil Munoa, associate professor of religion and Campus Life Board chair.

The Campus Life Board members are not the only ones who are helping the Task Force do their job. Howard recognizes that the Task Force might help Hope.

"We've already met with the task force once this semester. Anytime the task force would like to have students from the forum

more GSF on 2



ANCHOR PHOTO BY ROB ONDRA

Jeff Howard ('02) is interviewed by Channel 8 News on Tuesday about the denial of the Campus Life Board to recognize the Gay-Straight Forum as a student group on Hope's campus. Howard is the president of the GSF.

Students "penny" doors of Cosmopolitan Hall

Retraction of formal charges leaves Hope to deal with students

Abbey Stauffer and Leland Toering

STAFF REPORTERS

Public Safety used hidden surveillance equipment late last semester to identify those responsible for disabling Cosmopolitan Hall's exterior locks with pennies, according to school officials.

A surveillance camera, which was placed in Brumler's RD apartment facing Cosmo Hall's front entrance, caught six students involved in "pennyning" the door repeatedly over a week period, which Mike Lafata, Public Safety Sergeant said created a potentially dangerous situation.

"It's not safe for any of the students living there," Lafata said. "Anyone could walk into the dorm, walk into a room and take anything

they want."

The students involved, however, said they feel that the issue is trivial, and that pennyning the dormitory door is merely a convenience that poses little or no threat.

Richard Frost, Dean of Students, said that door propping and pennyning has been an ongoing problem in both Cosmo Hall and others over the past years. According to Frost the situation was

more PENNY on 2

Temporary solution may help solve parking problem

New proposal limits number of permits sold to Hope students

Becca Haynes

STAFF REPORTERS

For many students on Hope's campus, searching for a parking space is something akin to hunting on an African safari. But those long,

frustrating searches may soon become a thing of the past.

Student Congress has recently submitted and approved a new proposal concerning student parking. There are 763 student parking spots on Hope's campus, yet 1,050 parking permits have been sold this year.

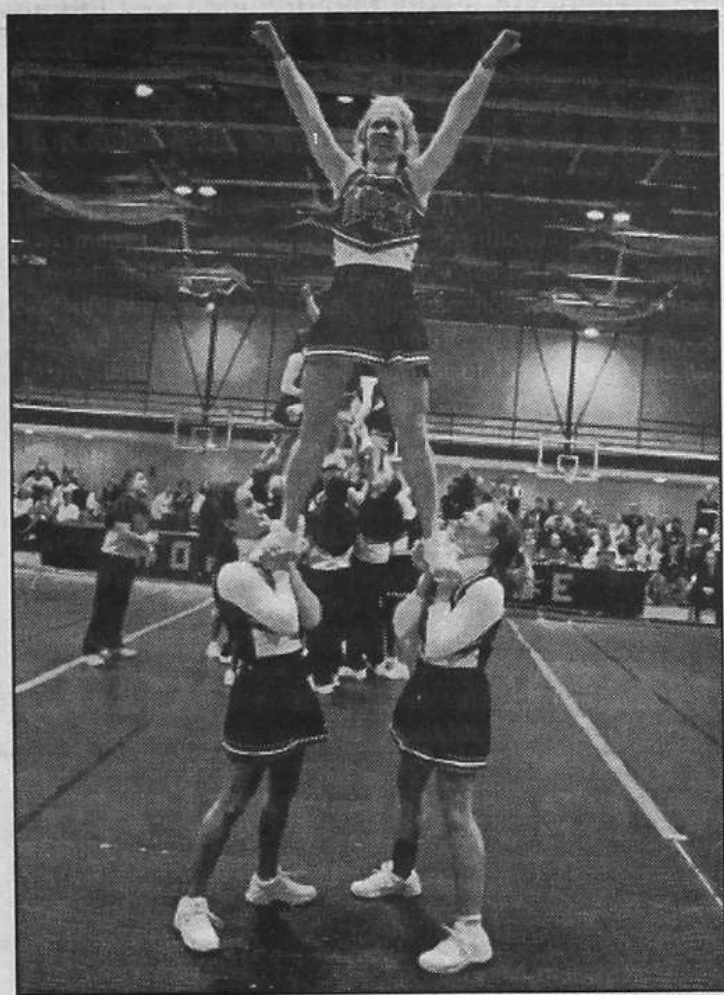
The new proposal limits the number of permits sold to 900. There

will be permits available for sophomore, junior, and senior students at spring registration.

At the end of May, the number of permits sold will be subtracted from 850. The remaining number will equal the number of parking permits available for first year student applications.

A designated committee will

more PARKING on 2



ANCHOR PHOTO COURTESY PUBLIC RELATIONS

Hope's cheerleading team recently competed at the NCAA Division II Cheerleading National Championships in Orlando, Florida. See page 8 for more information.

Inside

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Blind Student offers life perspective
Spotlight,
Page 3.



Carnegie Hall features Hope professor
Arts,
Page 5.



Panic Attacks
Infocus,
Page 6.



Women's Basketball on winning streak
Sports,
Page 8

New ministry formed for Greek students

James Pierce

CAMPUS BEAT EDITOR

Hope's newest Christian ministry is Greek Life, and as its name suggests, it is a ministry for Greek students and is similar to Young Life. According to Paul Hendricks ('02), the creation of a ministry group for Hope's Greek students began early last semester when he and Paul Boersma, senior chaplain, discussed the need for such a group.

"God really put this on my heart this summer," Hendricks said.

A "launch team" was formed to make the Greek Life vision a reality, Hendricks said, and after much prayer and planning a retreat to Boersma's cabin helped the leaders to finalize plans.

When describing the Greek Life program, Hendricks makes comparisons to Young Life, an established and popular Christian ministry. Greek Life will feature praise singing, skits, and mixer activities. The group will also receive a message at its meetings, either from a member of Greek Life or from an in-

vited speaker. Hendricks was the featured speaker at last week's Greek Life meeting. He led the group with a message on relationships, both with each other and with Christ.

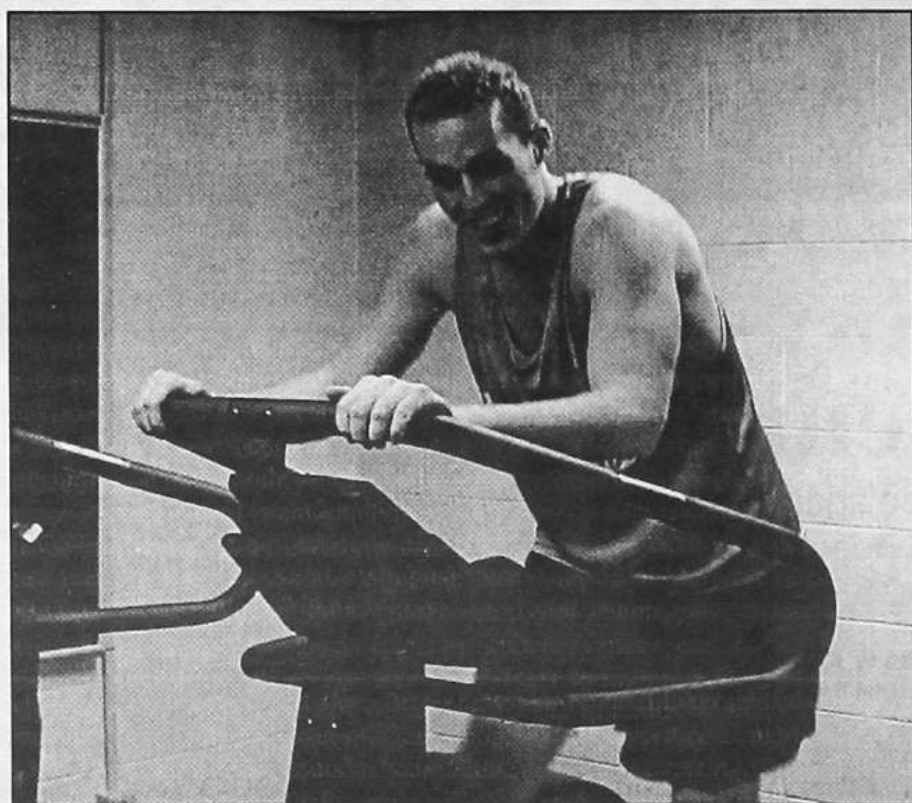
"I thought it was received very well," said Rachel Peckenpaugh ('04), speaking about last week's program.

Peckenpaugh is a member of the Delta Phi sorority and is involved with the leadership of Greek Life.

Greek Life is open to all Greeks and usually meets every other Wednesday at 9 p.m. in the Maas Conference room. There is a meeting next Thursday, however, that is open to those involved in rush this spring. This meeting will be held in the DeWitt Center's Herrick Room. Peckenpaugh described Greek Life as being necessary for the survival of the Greek system at Hope.

"I think it's going to be an amazing outreach," Peckenpaugh said.

Hendricks was very pleased with the turnout at last week's meeting, estimating the attendance at around 100 students.



ANCHOR PHOTO BY ROB ONDRA

Dave Pridmore ('04) exercises in the Dow Center's newest addition classroom 201, which was converted into an exercise room over Christmas break. The room contains about \$48,000 worth of new equipment, according to Matt Scogin ('02), Student Congress president. See "Presidential Update" on page 4.

PARKING from 1

review first year applications and reward permits based upon predetermined, need-based criteria.

A minimum of 50 permits will be designated as Overflow permits.

Throughout the school year, any Hope student in need of a parking permit will be able to apply for a permit, pending review by the committee.

Problems concerning student parking have consistently plagued the Hope College community. The prices of permits are raised every year, yet this does not appear to deter students from buying permits.

Hope has a Transportation Department, but its services are only available to students who

have field placements or jobs in the Holland-Zeeland area.

As a result, the number of permits issued continues to exceed the number of parking spaces that are actually available.

Frustration mounts as a number of spaces become unavailable during the winter months to allow for snow removal from parking lots.

Matt Scogin ('02), Student Congress president, feels that the new proposal is necessary to alleviate the many problems with student parking.

"If such a large percentage of students are having trouble finding a parking spot, that is a big concern," Scogin said.

The new proposal will likely draw mixed

reactions from the Hope College community. Currently, there is some hesitation on the part of Admissions, considering that the allotment of first year students to have cars on campus is an attractive selling point.

Yet in a survey done by the Frost Center, only 9.1% of students stated that they would not have attended Hope if first year students were not allowed to have cars on campus. Meanwhile, 95.7% of students surveyed reported frequent difficulty in finding parking spots.

The parking committee is aware of the concerns about the effect of restricting Freshman parking on first year enrollment. Yet the committee feels that implementing the pro-

posal will be a successful change, considering that other colleges have implemented similar policies with apparent success.

Research has indicated that Kalamazoo College, the University of Michigan, Albion College, Wheaton College, and Spring Arbor College, among others, currently employ policies that are similar to the new proposal.

Scogin is optimistic that the implementation of the proposal will be successful.

"This is a short-term solution that [the committee] feels would work. Hopefully in the future, the college will purchase more land to allow for more parking, but currently this is a practical short-term solution," Scogin said.

PENNY from 1

escalating and was brought up during the monthly Facility Security and Safety meeting

Public Safety initially decided to refer the case against the two students most involved- Billy Norden ('04) and Eric Goltz ('05)—to the Ottawa County Prosecutor.

The college has since retracted

the charges and decided to handle the situation internally.

Although the situation will be handled internally, specific disciplinary action remains undisclosed.

"[Prosecution] is always a possibility. If there's property damage and the college wishes to file charges, we can take that to court,"

Lafata said.

Norden and Goltz initially wrote voluntary statements to the county Prosecutor urging him not to pursue the case.

In their statements they pleaded "not guilty" to the school's charges.

The college has not yet indicated what their punishment will entail.

Norden expressed annoyance with the situation at hand.

"I would prefer the student body not to ask me for 'a penny for my thoughts,' because they could be aiding a criminal," Norden said.

Amber Garrison, Assistant Coordinator of Housing, said that the Resident Directors and Resident

Assistants were made aware of the problem.

However, students involved claim residents of the hall were not warned about the consequences that disabling the locks could involve.

Garrison said she hopes this situation will prevent pennyng from happening again in the future.

GSF from 1

we are more than willing to do that. I think the task force is a step in the right direction for Hope," Howard said.

Lorna Jarvis, associate professor of psychology, Campus Life Board member and ECAC chair, said that the board struggled to determine how the decision would affect the college community.

"The vote by the board, as difficult as it was, was not meant to invalidate the students, or the need for such discussions," Jarvis said. "It is in that sense that the decision was considered to be in the best interest of the community."

According to Munoa, the board did not ignore the feelings of the GSF members.

"I can understand how supporters of the Gay-Straight Forum feel that the good they can officially provide the Hope community has been denied," Munoa said. "Thoughtful and caring people stand on both sides of this issue."

According to Jeff Howard, GSF president, the Campus Life vote was a surprise because he was told that they wouldn't make a decision

until after the Task Force made their recommendation to the President.

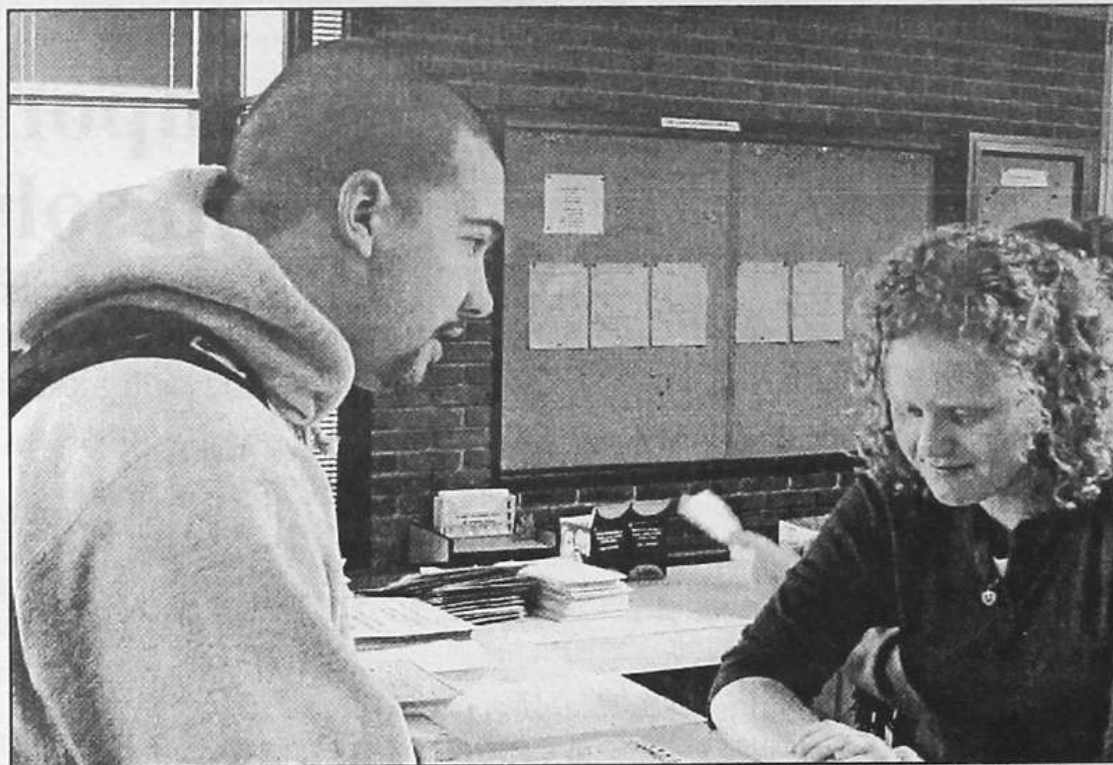
Because they did not know the vote was taking place, no GSF members were in attendance at the meeting.

Howard feels that the Campus Life Board has not made enough effort to learn about the GSF.

"I am extremely disappointed by the administration and some of the faculty and students that serve on the Campus Life Board because invitations have been extended in the past to these people to join us at our meetings and they have not done a good job of educating themselves about this issue," Howard said. "They are not educating themselves about this, and they are going into the meetings close-minded."

Last April, the Campus Life Board turned down the GSF, which was then called the Gay-Straight Alliance, by a vote of 5-3.

As previously reported in the Anchor, the Task Force on Issues of Sexuality plan on reporting to the President in March.



ANCHOR PHOTO BY ROB ONDRA

Derek Root ('02) buys a ticket for this year's Winter Fantasia, which will be held on February 2nd at the Amway Grand in Grand Rapids from 8 p.m.- 12 p.m. Tickets are \$10 per person and can be bought at the Student Union desk in the DeWitt building.

Student shares her experience with blindness

Erica Heeg

INFOCUS EDITOR

Allison Hilliker ('05) doesn't consider blindness such a terrible thing.

"I've dealt with it more or less my entire life. I never really had much of a choice, you either live with it or you don't," Hilliker said.

And Hilliker has definitely chosen the former; she lives. Born in Shelby Township, MI, Hilliker was born with glaucoma and has been blind in some form all of her life.

"There are a lot of different levels of blindness. When I started out in school I could read, but I had to read large print. I used a magnifier to read and dark pens and markers to write. But around third grade it got really difficult because the print got smaller and there was more of it," Hilliker said. "I got frustrated because I could understand the reading material, but I could only read very slowly and with tremendous eye strain."

By the time she was in the fifth and sixth grade, Hilliker needed to



ANCHOR PHOTO BY ERICA HEEG

Allison Hilliker ('05)

be taught Braille, which meant going through the difficult process of relearning how to read. Since she was attending regular schools, the county provided Hilliker with special teachers that taught her Braille and other kinds of blindness skills.

"I had the benefit of being in a regular class all my life. It was useful because I had the same standards and I learned the same stuff."

Hilliker said. "But, because I was in regular schools all my life I didn't get good blindness skill training. So when I graduated I had a high G.P.A. and a good A.C.T. score but I didn't have the blindness skills."

Hilliker decided to postpone going to college for a year and attend the Louisiana Center for the Blind.

"Lots of times the teachers working in the field of blindness have very low expectations because they think that blindness is really terrible, like a tragedy. They are sighted and they think that if you can't see, you can't do much. But, most of the staff and instructors at the Louisiana Center were blind," Hilliker said. "It was such a confidence builder to see people who do what you're learning everyday and who are professional and successful and have such good attitudes."

Hilliker spent eight months in Louisiana improving her Braille reading, becoming a better cane traveler, and learning to cook, clean, do laundry, grocery shop, and

other similar skills. After applying to five schools and being accepted at all five, Hilliker decided to come to Hope for the typical reasons.

"Hope, because of its size, doesn't have an awful lot of services for disabled students. They have them, but they are very small. I don't mind that though, because they are there when I need them, and they don't interfere with my life," Hilliker said. "At big schools the services are very custodial. They will schedule your classes for you, buy your books for you, and make all of your decisions for you."

The only accommodation that she has at all is that Hope allows Hilliker to sign up for classes early because she needs to order her books early in order to have them in time for the start of classes. Because Braille is hard to come by,

Hilliker tries to buy most of her books on tape. If she can't do that then she can do one of two things.

"I can scan the book, and there is software that I can use to convert text to spoken word. And if that doesn't work I can hire readers," Hilliker said. "I also use a Braille notetaker to take notes. It's like a little lap top, and I can make files and folders and then put them onto a disk and insert them in my computer. There is a special printer in the library too called a Braille embosser which prints in Braille."

While at Hope, Hilliker will become certified to teach elementary education. She then plans to receive her Masters degree to teach blind children, a particular passion of hers. Throughout her life, Hilliker has been very involved in the National Federation of the Blind **more BLINDNESS on 7**

-Approximately 750,000 Americans are blind

-An additional 50,000 Americans will become blind each year

-Studies show that only AIDS and cancer are feared more than blindness

-"The real problem of blindness is not the loss of eyesight but the misunderstanding and lack of information which exist."

-The National Federation of the Blind

Information provided by the National Federation of the Blind

www.nfb.org



PHOTO COURTESY OF WWW.NFB.ORG

A Braille notetaker similar to the one that Hilliker uses to take notes.

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Editor's voice
Editor's voice
Editor's voice

Campus Life Board made wrong decision

In the minutes to the January 10 Campus Life Board meeting that denied the Gay-Straight Forum another shot at being an official student organization (Campus Beat, 1), it says "The Board's deliberation was extremely serious and thoughtful. It sought ways to care for the entire community, struggled to discern what is best for Hope College, took into account the role of the Task Force, and listened to one another with genuine concern for their differences."

I'd like to thank the Campus Life Board for me and hundreds of other Hope students. Thanks. It's good to know you're looking out for us.

In actuality, it sounds like the Campus Life Board is patting themselves on the back for not rocking the boat. If they actually had considered the proposal seriously, the vote wouldn't have been 6-1 against.

The Board is right though, it is time for Hope to get serious. Because, how can an educational institution in the twenty-first century seriously deny a group of students the right to educate others about themselves? How can an educational institution seriously not acknowledge the fact that the world is a diverse place, and when students leave this place, they are going to encounter gay people in the workplace, in the neighborhood and in their families?

Hope College needs to stop procrastinating. Task forces and committees aren't the answer, they are only a way to put off what other colleges have done decades ago. Students want to address the issue now, and the GSF is the best way to address it.

When this story gets on the TV news and in the local newspapers, it is going to be embarrassing to the college. And for good reason. It's embarrassing for me and for other students to put down on our applications to graduate school that we went here. I don't want that to be embarrassing. I've learned a lot here. But it is.

If Hope wants to continue seriously calling itself an educational institution, it has to start acting now. It can start with the GSF.

Don't romanticize graduation speaker

The student who wrote a letter to the editor about graduation speakers (Opinion, 4) has obviously never been to a college graduation before. As a member of the Wind Symphony, I've attended every Hope graduation since I was a freshman, and believe me, the speaker does not give a lesson "that the entire class will encounter through all the tests of life." A good graduation speaker is one that gets everybody out of the sun as soon as possible. Unless somebody's taking notes, nobody's going to remember a single word he or she said.

Your voice
Your voice
Your voice

Local PFLAG member thanks Anchor

To the Editor:

My thanks to the Editorial Staff of the Anchor for continuing to prick the conscience of the Hope College community as it struggles to educate itself and become less closed minded concerning the many issues of being gay or straight.

It is encouraging to learn that a

dismayed, or in many cases, outraged with the behavior of a few who would try to "Take Back the Campus" (Opinion, 12/5) much like the KKK tried to take back the South (no names, no faces).

Christians can no more continue to keep the world flat or justify enslaving other people with a Bible verse. This also holds true for those

who would attempt to deny gays and lesbians their human rights or treat them as less than the beloved children of God.

Dean De Ridder, Parents and Friends of Lesbians and Gays (PFLAG), Holland/Lakeshore

Student opposes student graduation speaker

To the Editor:

I would like to respond to a letter to the Editor in which a senior Hope student announced his candidacy for Commencement speaker in the last issue of the Anchor (Opinion, 12/5). I can honestly say that I was surprised that a student would think that he should be considered for Commencement speaker. I also know that I am not the only member of the class of 2002 that feels this way.

This is not high school commencement, in which any student can speak. I feel offended as a member of the class of 2002 that a student feels that they should speak instead of a faculty member. These professional scholars have devoted their lives to learning and providing students here with the knowl-

edge and wisdom necessary for our lives beyond Hope College. I was excited and impressed with all the candidates during registration in November. I know that all of the candidates will provide an excellent message and parting words in the final chapter of our undergraduate careers.

What makes you think, out of all the members of this year's senior class, you deserve to speak at commencement? Every student has had a different experience here at Hope and I do not think that a student can put into words the experiences of all the members of the class of 2002.

The tradition of having faculty speak at Commencement has been a long tradition both here at Hope and across the country at other institutions. If you are worried that

this is going to be another lecture before you graduate, don't worry. This speech is going to be about life. Eventually, all of us are going to have an exam on it, however, not in the classroom. This lesson will be one that the entire class will encounter through all the tests of life. My idea of what the Commencement speaker will discuss will be the past, present and future of the class of 2002. They have been through this portion in their lives and would just like to offer advice as we enter this new stage in our lives. I have faith that the ballot and results will remain as they are for Commencement speaker this year.

Adam Hopkins ('02)

Matt Scogin



Student Congress President

GUEST COLUMN

Student Congress update

Welcome back to campus! As you returned from break last week you may have noticed the new aerobics fitness room in the Dow. While we were home for the holidays, Dow room 201 was converted from a classroom into a new exercise room. The new equipment includes recumbent bikes, upright bikes, elliptical machines, and stair-steppers.

In a Student Congress survey last year, 74.6% of Hope students indicated that expanding the workout equipment in the Dow was important or very important. Thus, at the beginning of this year Vice President Colleen Evans and I placed Dow renovations at the top of our priority list. We are very excited about this new equip-

ment since in many ways it is a direct result of last year's survey.

About \$48,000 was spent on the new aerobics equipment. Student Congress contributed \$15,000 and the rest came from President Bultman's office and Dow funding.

This evidences the fact that the administration at Hope College is very much committed to addressing student concerns. Going into second semester, I am excited about working further with the administration to make even more improvements to student facilities.

Among other things this semester, we will be working to address your concerns regarding campus parking and the weight room.

To truly be an effective student

government, I need to be aware of your concerns and ideas. Toward that end, I want to encourage you all to take advantage of the lines of communication that we have developed.

For example, the Student Congress website allows you to electronically submit ideas, questions, or concerns. Depending on where you live, you have one or more Student Congress representatives and you should feel free to contact them anytime. Also, you are always welcome to stop by the Student Congress office in DeWitt.

After a tremendously successful fall semester, I am looking forward to working with you as we strive to make Hope College an even better place.

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Anchor Staff
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the Anchor
2001 spring semester, Issue #14 of 25

Letters to the Editor Guidelines

Open to anyone within the college and related communities
The Anchor reserves the right to edit due to space constraints
No personal attacks, poor taste or anything potentially libelous
Letters chosen on a first come first serve basis, or a representative sample is taken
No anonymous letters, unless discussed with Editor-in-Chief
Editor-in-Chief may verify identity of writer

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Battle of the Bands will rock the Knickerbocker Theater

Maureen Yonovitz

STAFF REPORTER

On Saturday, January 19 at 8 p.m. in the Knickerbocker Theater, Hope students and other members of the community will get a chance to vote for their favorite local music group in the Third Annual WTHS Battle of the Bands.

The event is sponsored by Hope's radio station WTHS to give up and coming bands from Hope and from throughout Western Michigan recognition for their efforts.

"We believe this is the perfect opportunity to give new, up and coming groups exposure and performance experience in a non-threatening atmosphere," said Josiah Dykstra ('02), General Manager for WTHS.

Groups interested in performing were asked to audition in person or submit a CD sample of their music, and were then reviewed by the members of the WTHS executive

committee.

"From the 15 or so entries, we selected 8 based on originality, musicality, and presentation," Dykstra said.

The eight groups selected will each play for ten minutes and then the audience will vote for their favorite group. The winner will return at the end of the competition to play for another 15 minutes.

The evening will include performances by Hope groups Dutch Mafia, Obsessed Deformed Bullfrogs, Antelope Mutiny, Lyle!, Chris Bryan, the Dave Tucker Band, and non-Hope groups, Smash Your Radio from Holland and Despondent from Kalamazoo.

The bands are looking forward to performing at this event.

"It's always fun just to get up and perform and have a good time," said Lee Heerspink, ('04), of the Obsessed Deformed Bullfrogs. "It sounds like a good opportunity to

come out and play."

For many bands, this is one of the only ways to get exposure and "gigs" at Hope College.

"I know we are definitely excited," said Dutch Mafia band member Brian Mott Phelps ('05). "We haven't played in six months."

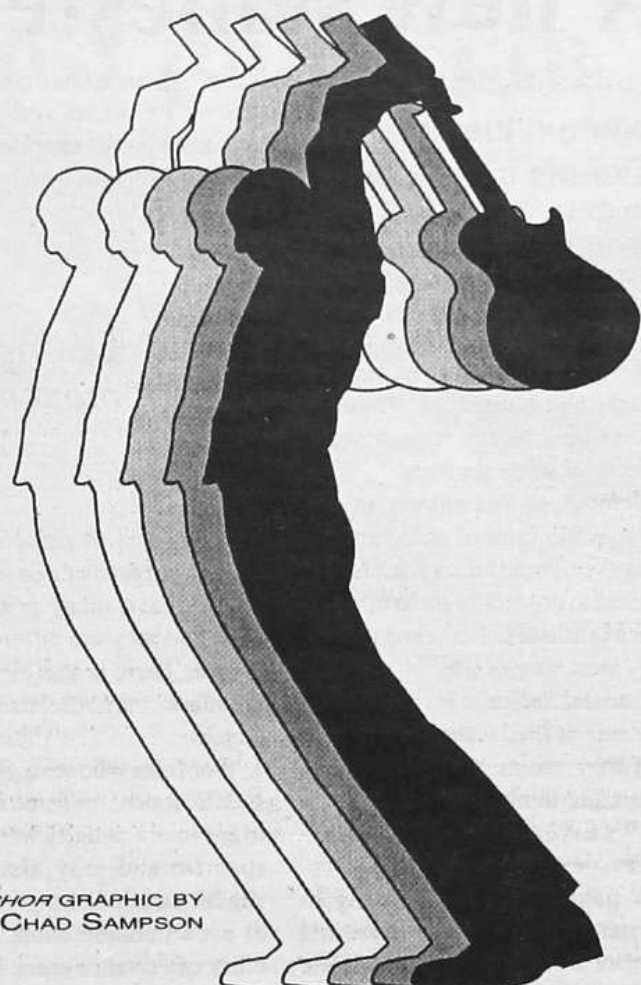
A portion of the proceeds from the concert will go directly to the Holland Rescue Mission.

"I think it's great to give back to the community," Mott said.

Mott encourages all students to come out to support their friends and enjoy the wide variety of talent.

"I believe it will be good entertainment," Mott said. "It will be a lot of fun, and it will be a good date night, so bring a date."

Tickets to see Battle of the Bands cost \$3 and are sold at the door. Those opting not to pay the \$3 may bring two cans of food to benefit the Holland Rescue Mission.



ANCHOR GRAPHIC BY CHAD SAMPSON

Hope Professor to perform at Carnegie Hall

Emily Moellman

ARTS EDITOR

There is a celebrity roaming the halls of Nykerk Music Hall. Hope College faculty member and musician Mihai Craioveanu is about to take the stage at the world famous Carnegie Hall in New York City.

Craioveanu, a violinist, recently accepted an invitation to perform in the Weill Recital Hall in Carnegie Hall on Tuesday, January 22, as part of the prestigious Mid America Concert Series.

Mid America Productions Inc. listened to Craioveanu's CD recording (which is available for sale

worldwide at amazon.com), and chose him to be featured in their series at Carnegie Hall. The concert series is an offshoot of the production company, which also supports a recording company, orchestras such as the Manhattan Philharmonic, and opera festivals.

Craioveanu has toured the world performing in London, New York, Paris, Washington, Barcelona, Cleveland, and Bucarest.

He has also been broadcast on major American television networks, as well as on European and Australian television.

In addition, Craioveanu has been

featured on international radio stations Free Europe and Voice of America.

Although his performances have already earned him international acclaim, this will be Craioveanu's first performance at the venue, and he is honored to be included in such an admirable concert series.

"I hope it will be the first of future opportunities for me to play there," Craioveanu said. "It is an exciting event and I am anxiously looking forward to it."

For the series, Craioveanu will perform four works, beginning with Maurice Ravel's "Sonata for Violin and Piano". He will also perform a sonata by Cesar Franck,

"Sonata in A Major for Violin and Piano."

"Variations on 'The Last Rose of Summer' for Solo Violin" by Henrich Ernst will be his third piece, and Craioveanu will conclude the concerts with a Romanian piece by George Enescu, "Romanian Rhapsody No. 1, Op. 11".

"I love all of the program, it is hard to find a particular favorite," Craioveanu said. "Each work has its own character and beauty. Together they create a wonderful and very attractive program."

Hope College audiences were treated to a preview of the musician's upcoming concert at Dimnent Chapel on January 11.

Craioveanu felt good about his performance here, and was very excited by the response of the audience.

Craioveanu is professor of violin and viola and teaches studio classes in those instruments as well as other music courses. He is the founding member of the Anchor Trio.

For aspiring musicians who hope to one day perform in the famed Carnegie Hall as Craioveanu is about to, he offers this advice:

"I tell students three equally important things when they are in pursuit of a dream: love what you do, work extremely hard, and never give up on your dreams!"

Struggling with Eating Disorders?

Spending more time with this?



And less time with friends?



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and



?

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Mondays 9-10pm

Eating Disorders Support Group.



ANCHOR PHOTO BY ROB ONDRA

Last Friday Mihai Craioveanu, professor of music, previewed his upcoming Carnegie Hall performance for Hope students, faculty and friends in Dimnent Chapel.



What's Going On?



1/19 Battle of the Bands at the Knickerbocker Theater

1/25 Dc Talk at the Deltaplex in Grand Rapids

1/20 Adema at the Intersection Lounge Grand Rapids

1/30 Janet Jackson at Van Andel in Grand Rapids

1/31 Slayer at the Orbit Room in Grand Rapids

1/16, 1/23, and 1/30 Writers' Corners at the Urban Institute of Contemporary Art in Grand Rapids

1/15-1/20 "Beauty and the Beast: the Musical" at Devos Hall in Grand Rapids

A new semester: books, class, panic attacks

Panic attacks more common than many students may know

Jen Troke
SPOTLIGHT EDITOR

As all Hope students know, with a new semester comes the stresses of activities like buying books, paying for tuition and, of course, classes and homework. These renewed stresses can trigger excess anxiety in some students.

Sometimes this anxiety reveals itself in the form of panic attacks. However, panic attacks are not restricted to especially stressful times like exam week. For some people, they are a way of life.

Christal Saffee, who works with students at the Health Clinic, says that they are more common than one might think.

"We have at least one [case] every two weeks," said Saffee.

A panic attack, according to Kristen Gray, assistant dean and director of counseling, is "a time of intense fear or discomfort which includes at least four of the symptoms. The symptoms develop quickly and reach a peak in about 10 minutes."

The feelings involved resemble emotions of fear and anxiety common to some people when around snakes, watching a scary movie, or enclosed in a small space.

"We all have things that scare us, but with a person who really suffers from panic, the reasons for the attacks are more general and have a tendency to feel as though the attacks are controlling the person instead of the person controlling their response to the attacks," Gray said.

The causes of panic attacks are usually not easily discovered. Panic attacks have many possible triggers, and they are different for everyone. There is also evidence that the attacks may be related to genetic factors.

"For folks who struggle with and seek treatment for panic attacks, the triggers are usually very person-specific and may also be very vague: certain settings, or events, or even thinking about the possibility of certain events. They usually are things that the person believes they cannot control," Gray said.

For others, attacks may be brought on for specific reasons. Irregular sleep patterns, use of illegal drugs like marijuana and cocaine, and excess amounts of caffeine can facilitate attacks.

Cutting back on these harmful

stimulants can help control the attacks. Setting lifestyle boundaries and learning to say "no" to extra activities may also be beneficial.

"Learn to prioritize what's most important," Saffee said.

Many people experience a panic attack at some point in life, but only those who have continuing problems with attacks should be concerned.

The Health Clinic recommends that students experiencing the symptoms be checked out.

"We do like people to come in because [panic attack symptoms] can also be a sign of cardiac problems," Saffee said.

If the symptoms are diagnosed as related to panic attacks and not something more serious, the student is in no physical danger. However, the mental and emotional results can be serious.

People who experience attacks may progressively restrict their activities in an effort to restrict the possibility of having an attack.

According to Saffee and Gray, the best treatment for panic attacks is counseling.

"The therapy will teach the person to use their own parasympathetic nervous system response to decrease the severity of the panic attack," Gray said.

Many times, only a couple therapy sessions are needed. The sessions include relaxation activi-



ties like deep breathing.

There are also medicinal options, and students often use a combination of cognitive therapy and medication.

Some of the available medications at the Health Clinic include Ativan, a muscle relaxer, and

Buspar. Drugs such as Valium and Xanax can also treat the symptoms, but they can be addictive.

Students who experience panic attack symptoms should make an appointment at the Health Clinic. There are also brochures available with more information.

POSSIBLE PANIC ATTACK SYMPTOMS:

1. pounding heart
2. sweating
3. trembling or shaking
4. shortness of breath
5. feeling of choking
6. chest pain
7. nausea
8. dizziness or faintness
9. feelings of unreality or detachment
10. fear of losing control
11. fear of going crazy
12. fear of dying
13. numbness
14. chills
15. hot flashes
16. sense of doom

information from the Health Clinic and the Counseling Center

AVOIDING PANIC ATTACKS:

1. Do not use illegal drugs like marijuana or cocaine.
2. Stay away from excessive caffeine.
3. Prioritize!
4. Set boundaries on activities and involvement.
5. Learn to relax.
6. Create a regular sleep routine and stick to it.
7. Avoid known stressors and continual stimulation.

Seen & Heard

How do you deal with stress?



"I usually go work out."
--Sara Page ('04)



"I go to Hot 'N' Now and get four double cheeseburgers and two fries for \$4.99."
--Nate Pyle ('02)



"I take my wooden shoes out of the closet and I clomp around campus."
--Cody Statema ('02)
(2001 homecoming king)



"I take a 'peaches 'n' cream' bubble bath while listening to Jimmy Buffet."
--Tanner Smith ('02)



"My roommate and I play with playdough."
--Lisa Elenbaas ('05)

Hope Democrats, GLOBE host politician

First openly gay Michigan legislator to speak Wednesday

Angela Matusiak

STAFF REPORTER

Hope Democrats and GLOBE (Gay, Lesbian, or Bisexual Equality) have invited openly gay Michigan Representative Chris Kolb to speak at Hope College on Wednesday, January 16th in Lubbers 109A.

Chris Kolb represents the 53rd district (Ann Arbor). His political career spans four terms on the Ann

Arbor City Council, and Mayor Pro-tem in 1994 to 2000. His main focus concerns many human rights issues, from racial profiling to environmental management.

His visit to Hope will consist of an introduction containing his personal story and how he got involved in politics, and an informal dialogue where students are welcome to ask him questions and talk with him about his views and stands.

Jeff Howard ('02), GLOBE president, first approached the Hope Democrats about Kolb's visit.

He first heard about Chris Kolb in an article in "Between the Lines" (a gay/lesbian publication in Michigan) and learned of Kolb's interest and work in civil rights.

Because Kolb is the first openly gay state legislator in Michigan, Howard thought he would be an interesting speaker to come to Hope and talk about various issues going on in the State of Michigan.

While Howard admits that homosexual issues at Hope are often overlooked, he also stressed that Kolb has other things to say.

He hopes that this will be first and foremost an educational experience and that Hope students will keep an open mind and challenge their beliefs and learn about civil rights in Michigan.

Because he is an openly gay Senator, Whitney Hadanek ('02), Hope Democrats chair, is worried that some students will take the opportunity to use his forum as an excuse to condemn homosexuality. She also cautions that this is not intended to be a controversial event, but an important educational event

to expose Hope students to different perspectives.

"If some people just want to argue the morals of homosexuality, they should not attend. If they are curious about politics and the issues he stands for, then they are welcome," Hadanek said.

Previous events on Hope's campus regarding issues of homosexuality have made some uneasy about how Kolb will be treated.

"As an elected state representative, he deserves respect," Hadanek said.

BLINDNESS from 3

(NFB), the nation's largest organization of blind people. She is a national board member of the NFB's student division, founded the Michigan Association of Blind Students, a student organization under the NFB, and is currently president.

"The NFB, which has state and local chapters as well, works nationally on the legislative front and focuses on advocacy, developing technology, and forming support groups," Hilliker said. "For instance, if a student wants a degree

in biology and their school says, 'No way. You're blind,' we will try to help them."

Hilliker's organization also offers support and networking like sharing resources. Hilliker will be speaking at a national student conference held in February.

"It's one of the things I'm most proud of. It's one of my greatest accomplishments," Hilliker said.

For the most part, Hilliker is happy at Hope. She's become in-

involved in a small group Bible study, the Women's Issues Organization, and the Opus editorial board. Still, life can be difficult.

"It's hard because most people don't know anything about blind people. They can't imagine how I function, but they know I do because they see me. However, they don't know how to approach me. I figure that if I'm comfortable with blindness than other people will be too, but that only works to some

extent," Hilliker said. "I don't consider myself particularly amazing. At first I thought, 'Great. They are interviewing me because I'm the amazing blind girl.' I take it for the compliment it is, but I try not to see myself that way. Most of the stuff I do is regular everyday stuff. I would rather be known for something I did."

Hilliker treats her blindness like a characteristic or trait.

"I like to think of myself as a

person first and then blind second. I'm blind but I also have curly hair and I like talking on the phone. It's a piece that's part of me as a person," Hilliker said. "I think everything we do and everything we deal with makes us stronger. Everyone has their own challenges that they deal with in life, and even though mine may seem bigger and more difficult, I've learned that it really is not."

Classified

Travel

Hey Hope Students!- The Anchor is back for another semester of fun and news, so strap on your helmets and get ready for a wild ride!

8 bands, one show.....where you ask? At WTHS battle of the bands, this Saturday, the 19th, at the Knickerbocker theater at 8 pm!

Free Mumia!

Lyle!

Hurry to get your new Sam Gamgee toy with ultra cooking action!

Archon Lee- Don't worry about last week, you'll tear everyone up at the tourney. -Warboss Nick

Rand- Don't worry, the parking spots will come...-Ank Staff

Kirsten- I'm so glad we get to go to Fantasia, it'll be a time to remember! -N

Rand Arwady now available for dates Tuesday nights!

Wanted- One sweet pirate to take a nice girl out on the weekends. I enjoy eating at Arrrry's and watching Arrrr rated movies.

Anchor joke of the week: What do you call emo that is universally centered? Ki-mo

Barefooters Unite!

Jill- You may have been my crush back when we were in high school, but you're not so good looking anymore. -Robert

Emily- We're glad to have you back. I'm sure we'll have a great time.

Ben DeHaan and John- You're off to a great start. Just don't piss me off, Ben.

The Show Without a Home- Saturday 4-6 p.m. WTHS 89.9 FM

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We are sick of computers breaking down- Please fix them.

Wild Cat...wild cat...wild cat...pow...That's it. I'm leaving. I'm taking this thing off and I'm leaving.

To parents with good grammar- Thanks for the positive reinforcement. It really reminded us of why we do this.



ANCHOR PHOTO BY LAURA GIBSON

One mean Anchor staff takes a break from preparing the first issue of the Spring semester, from left to right: back row- Chad Sampson(03), Nick Denis(03), Matt Cook(02), Rebekah Oegema(04), Ellen Vigants(04), John Rodstrom(05), Courtney Klein(04) middle row- Ben Dehaan(05), Abbey Stauffer(04), Becca Haynes(05), Emily Moellman(02) front row- Danielle Koski(04), Jamie Pierce(03), Erica Heeg(05), Jen Troke(04)

January Events

Starting January 14
Uncover the great taste of Frito Lay.

Monday, January 21.
M&M week starts!
Enter to win daily prizes or the grand prize of 25 debit dollars

Monday, January 28
Euchre Tournament

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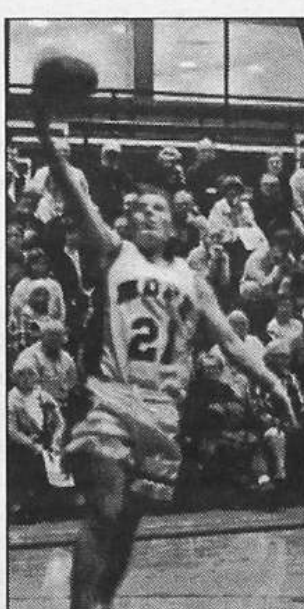
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Flying Dutch remain unbeaten, lead MIAA

Ben DeHaan
SPORTS EDITOR

The Hope women's team arrived in South Bend last Saturday to take on Saint Mary's. The Belles hoped to end the Dutch's undefeated season, striking up a few rallies throughout the game.

Hope fended off their scrappy opponents, and showed intensity of their own, defeating the Belles 73-56. The Dutch improved their record to an outstanding 15-0, and remains number two in the nation. They also have a winning streak of 36 straight games, and remain the only undefeated team in the MIAA with a record



ANCHOR PHOTO BY JOHN RODSTROM
Jodi Boom ('02).

of 4-0.

Hope never trailed the entire game, as they jumped to a quick 10-3 lead in the game's opening minutes. A twenty-point lead was nearly established, but the Belles rallied back to make the halt the Dutch's lead to 36-25 at halftime.

We got off to a great start in those first twelve minutes," said Hope Coach Brian Morehouse. "However, we struggled in the last minutes of the half. That's what happens when you play a gritty team like Saint Mary's though."

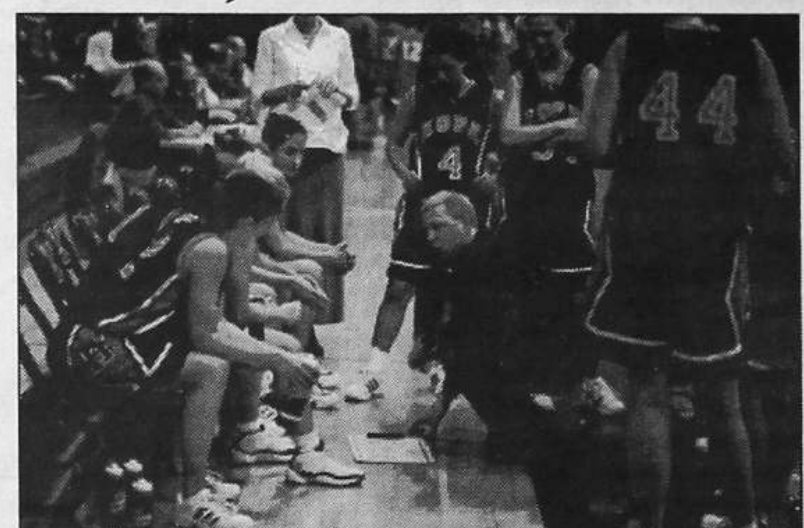
In the second

half, the Dutch regained their poise, stretching their lead out to 20 points again. They managed to hold this aggression much of the second before the Belles began another rally. However, in a replay of the first half, they came up short, and Hope walked out with a victory.

The Dutch did a great job of sharing the wealth when it came to scoring, as five players had double digits in points. Amanda Kerkstra and Amy Baltmanis each scored 12 points while Amy Brower, Laura Poppema and Becky Sutton each put up 10. Laura Poppema picked up five steals, part of the Belles 22 turnovers.

Hope prepares for a busy week today. They compete tonight at 9 p.m. in the Dow against Alma, and travel to Calvin on Saturday. Both are 2-2 in the conference, but hold respectable overall records, and will be looking to dismantle Hope's undefeated record.

"We've got a great record going,



ANCHOR PHOTO COURTESY OF PUBLIC RELATIONS

Flying Dutch Women's Head Basketball Coach Brian Morehouse addresses the team during a time-out.

but we're staying focused too. This is because we have some great senior leadership on this team, and they always have focus on the next team at hand. We expect a tough week coming up with Alma and Calvin as well. We came out in the

beginning of the season with a high ranking, and it's gone up since the start of the year. Right now we're getting everyone's best effort whenever they come play us, but we're used to it. We've accepted the fact that the bulls eye's on our backs.

Cheerleaders take eighth at nationals

John Rodstrom & Ben DeHaan
SPORTS EDITORS

A couple months ago, the Hope College cheerleading squad sent in a video to Florida for an opportunity to qualify for the national championships. At the time, the team was not exactly expecting anything spectacular to happen.

"When we first had the idea of going to nationals, I don't think we thought it was even possible. We really didn't think it was ever realistic that we could do it," said Josh Brandenburg ('03).

However, once they received notice that they were on their way to Orlando to compete, the attitude changed from disbelief to full business. Even with little preparation time, the squad pulled it together and practiced hard for an incredible show.

"We went above and beyond our level. Even when we first started, we had our doubts, but once everything started falling into place and

we started getting more serious about it. Our coach told us that our routine could possibly fit into the top five," said Curtis Tyler ('03).

Hope traveled down to Florida last week, and prepared to compete in the semifinal round, first. The Dutch were in a competition with some veteran teams that had made the trip to nationals numerous times.

"It was really intense. There were so many teams there that had been at nationals for year. We were one of only two Division III teams there," said Beth Evans ('02).

In the semis, Hope's performance was great, but walking off the performance stage, the team felt otherwise.

"We came out knowing we didn't do as well as we had done it before," said Betsie Jetter ('04).

However, the judges felt Hope's performance was exceptional, and reserved a spot for the team in the finals.

"We were freaking out and

jumping around after we heard we were in the finals! We couldn't believe it!" said Evans.

Hope's final performance was incredible, and they proved to the competition what they were capable of. The team gave one of their best performances of the season, and cheered their way into eighth place in the competition among a league of schools with much more experience.

"For the short amount of time that we had to prepare, and the little experience we had with the guys on the team, we did awesome. Most of the teams there had ten guys on their squads, and for us to have only four guys and get eighth in the nation is unbelievable," said Brandenburg.

For such an incredible performance, the Dutch most definitely deserves it.

"It was a great experience for us. It was a lot of fun, and we really saw our hard work pay off," said Meredith Albers. ('04)

Hockey loses two

Ben DeHaan
SPORTS EDITOR

The Hope College Hockey club was in action last weekend, attempting to defend their role of being the number one division III club team in the nation. They played a couple of solid periods in each game, but saw both games slip out of their hands, falling to Muskegon Community College 6-5, and to Northwood University 6-5.

"When we played against Muskegon at Hope before Christmas break, we had plenty of crowd support, and their team was really racking up penalties. But playing in Muskegon was a lot tougher, and we were still really rusty because it was our first game back from break," said defenseman George

Dickinson (05).

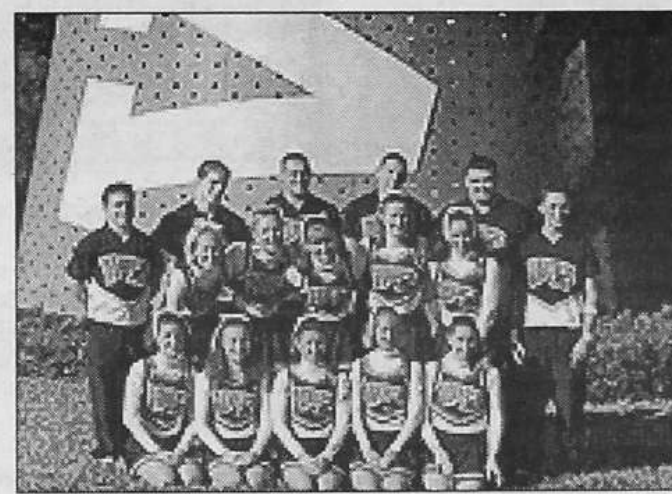
Against Northwood, Hope came out with a vengeance, scoring five goals in the first two periods, and victory seemed to be assured. Unfortunately, Northwood rallied to compile six goals in the final period.

"It was a really disappointing loss for us," said Van Timmeran. "We had a huge lead and we just let down for a little while and ended up paying for it."

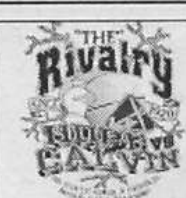
The loss drops Hope to 7-9-0 overall, and 3-5-0 in the Central club region. The team plans to regroup this weekend as they play Saginaw Valley.

"We need to win this game," said Dickinson. "We have to work on playing three whole periods, and I think we can do it."

ANCHOR ALL-STARS



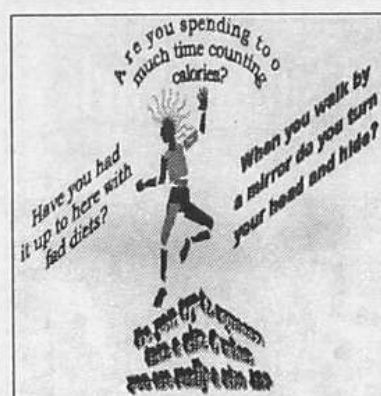
Congratulations to the Hope College Cheerleading squad for finishing 8th at the National Championships!



Saturday, Jan. 19 at the Holland Civic Center, 3:00 PM-Don't Miss it!

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All of us are concerned to a greater or lesser degree about what we eat, how we look, and how we feel about ourselves. Let's talk about it!

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